ANABOLIC-ANDROGENIC STEROIDS

ANABOLIC-ANDROGENIC STEROIDS CONTENT

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WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?

- ***Anabolic Steroids are synthetic drugs that relate to the male sex hormones, or androgens.***

- ***Anabolic-androgenic Steroids are more commonly known as "Anabolic Steroids".***

WHAT ARE ANABOLIC-ANDROGENIC STEROIDS?

Anabolic Steroids Effect the Human Body in Two Major Areas:

1) The anabolic effects of the drugs promote the growth of skeletal muscle.

2) The androgenic effects of the drugs promote the

HISTORY of STEROIDS

1860's - The first documented use of drugs to enhance athletic performance. A group of swimmers in Amsterdam took drugs to swim faster.

1935 - Testosterone was first synthesized, and German soldiers were reportedly using it to perform better and to become more aggressive.

HISTORY of STEROIDS (cont)

***1950's (cont)** – A U.S. pharmaceutical firm develops the first Anabolic Steroids.*

***1970's** – Demand for anabolic steroids grew as professional athletes discovered some of the benefits. The myth that athletes NEEDED to use anabolic steroids to remain competitive began to be heard.*

***1975** – The International*

HISTORY of STEROIDS (cont)

***1984** – The first case of a bodybuilder contracting AIDS due to steroid needle sharing became public.*

***1988** – The sale of anabolic steroids for non-medical purposes was made illegal*

***1990** – The possession of anabolic steroids without a prescription was made illegal w… …ted S…*

HOW ARE THEY TAKEN?

Anabolic Steroids can be ingested in a variety of ways:

1) ***Orally – In a pill or liquid form.***
2) ***Intravenously – Injected with the use of a hypodermic needle.***
3) ***Rubbed onto the skin with the steroid in a gel or cream form.***

****Some steroid users mix different types and amounts of these***

WHY ARE THEY USED?

Athletes use anabolic steroids for many different results:

1) ***To trim body fat faster.***
2) ***To increase muscle size.***
3) ***For faster post workout muscle recovery.***
4) ***In order to train harder and more often.***

SHORT TERM PHYSICAL EFFECTS

- Sore Throat
- Bad Acne/Rashes
- Chronic Headaches
- Insomnia
- Nausea and Diarrhea
- Bloating
- Muscle Cramps
- Bone Pain

LONG TERM PHYSICAL EFFECTS

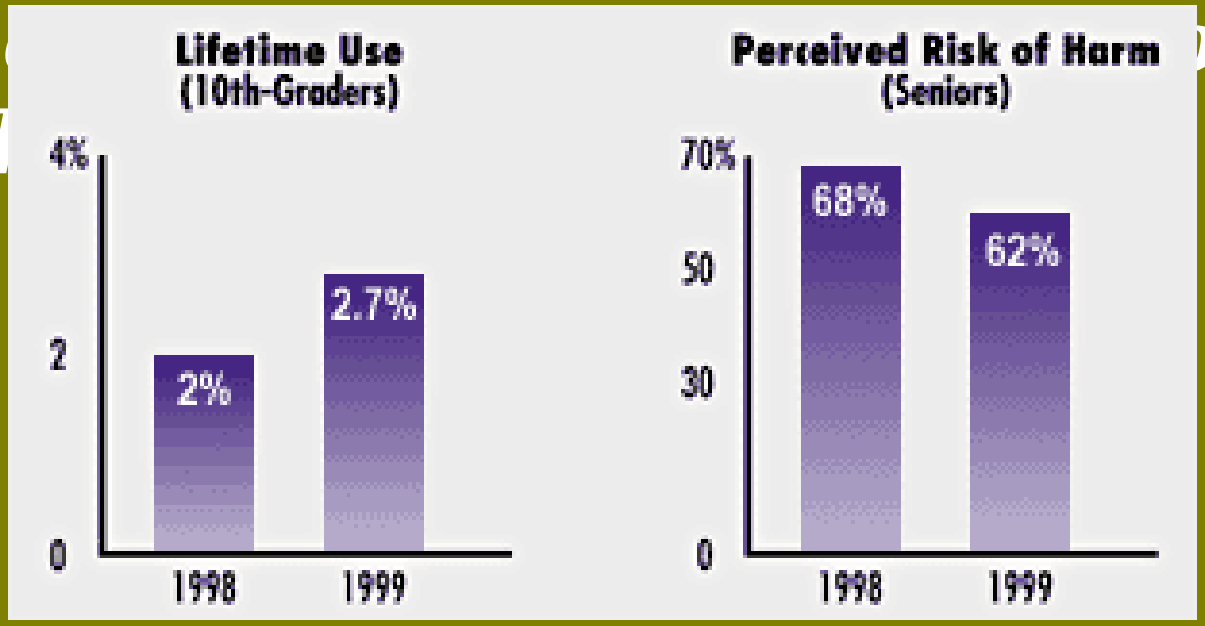
- Extra Body Hair for Women
- Feminine Breasts in Men
- Baldness
- Sterility
- Brain Damage
- Blood Clotting/High Blood Pressure
- Tumors of the Liver
- Hepatitis
- Liver Cancer
- Eye Infections
- Kidney Disease
- Enlargement of Facial Bones
- Heart Attacks

PSYCHOLOGICAL EFFECTS

- Overly Aggressive Attitude or "ROID-RAGE"
- Homicidal Rage
- Chronic Depression
- Loss of Memory
- Excessive Sexual Arousal
- Loss of Interest – lack of concentration, and no energy to do anything.

STEROID ABUSE IN THE U.S.

While there is not much data on adult steroid use, evidence shows that a[illegible]on th[illegible]



STEROID TESTING IN THE ARMY

- Steroid testing of individuals for probable cause or testing certain populations may be requested by commanders, however PRIOR coordination must be made through the IBTC and Fort Meade.
- Specimens collected will NOT be tested for any other drugs. A second sample must be collected for additional drug testing. The second sample must be on a separate DD

NORANDROSTENEDIONE

- ***Norandrostenedione is an over the counter dietary supplement that is very much like anabolic steroids. Instead of converting to testosterone it converts to nandroline.***
- ***It CANNOT be determined if dietary supplements or anabolic steroids were used if the laboratory result is reported positive for Nandroline.***
- ***In such cases, NO ACTION CAN BE***

ADDITIONAL RESOURCES

- http://www.steroidabuse.org
- http://www.drugabuse.gov
- http://www.health.org
- http://www.nida.nih.gov/ResearchReports/Steroids/AnabolicSteroids.html
- http://thesteroidtruth.com/
- http://espn.go.com/special/s/drugsandsports/steroids.html

ADDITIONAL INFORMATION

Additional information on Steroids can be found by contacting your local Army Substance Abuse Program or by visiting www.acsap.army.mil